

Clarence Senior Center Calendar of Events

November 2004

Monday, November 1 from 11 a.m. to 12:30 p.m. and 1 p.m. to 2:30 p.m.

Armchair Massage

Kelly Warmingham of Deep Muscle Massage will be here today giving **free** armchair massages to any interested members. Kelly is a feel-good expert, so put her to the test! Please sign up on the bulletin board if you are interested in receiving a massage.

Tuesday, November 2 at 1:30 p.m.

Reading Group Meeting

Our Reading Group is looking for new members to contribute to their spirited conversations about the chosen book the group reads every month. For the November meeting, the group read the book, *The Lovely Bones* by Alice Sebold. If you have read the book, please feel free to join us for the discussion. If you are interested in joining the group, the book the group will be reading for the December meeting is *All I Did Was Ask: Conversations with Writers, Actors, Musicians and Artists* by NPR's Terry Gross. Please consider joining this fun group!

Wednesday, November 10 at 11 a.m.

Veteran's Day Recognition

Please join us today in honoring our local veterans. The Silvertones will sing patriotic songs and a snack will be served. Veterans are invited to stay for a free lunch. If you are a veteran, please let the office know and sign up for lunch on the board by Wednesday, November 3. If you are interested in attending, please sign up in the office by Wednesday, November 3.

Monday, November 15 at 1:30 p.m.

Encompass 65 Representative at Center to Discuss Insurance

Today we will have a representative from Encompass 65 here to answer any questions regarding healthcare. All members are encouraged to attend and find the answers to what can sometimes be troubling questions

Wednesday, November 17 at 10 a.m.

Holiday Wreath Extravaganza

Join staff today as we make two different holiday wreaths and learn how to make the wreath bows! An example of each wreath can be seen in the front office. Each wreath is easy to make! This is a *free* workshop. If you are interested in attending, please sign up in the front office by Wednesday, November 10.

Tuesday, November 23 at 11:30 a.m.

Thanksgiving Day Luncheon

Today is our annual Thanksgiving Day Luncheon. We will be entertained by Kate Truslow, who comes highly recommended by several members. Kate will begin her singing performance at 11:30. Lunch will be served at 12:30. If you are interested in attending, please sign up on the nutrition board by Wednesday, November 17.

New Couples Dancing Class Offered
November 3—December 15 at 6:30 p.m.

Kitty Miranda, the center's line dancing instructor is offering a new six week couples dance class which begins on November 3. The class will focus on popular two-step dances, ten-step dances, the waltz, the El Paso Cha-Cha and Cotton-Eyed Joe. If you are interested in attending, please wear soft-soled shoes or boots. The cost is \$36 per couple or \$18 per person, which is to be paid in full when you register. The registration deadline is November 1.

Nature Club

Date: November 18, 2004
Time: Meet at the center at
9:30 a.m. for carpooling
Place: The Jell-O Factory

We are going back in time to a place where America's most famous dessert was invented. There is a \$3 fee which is payable at the door. After we will try D+R Depot Restaurant in LeRoy. Sign up early!

Nature Club Holiday Party

The Club will be going to The Protocol on Transit Road for their holiday party. The party will take place on Thursday, December 9. The cost is \$14 per person. If you are interested in attending, please pay in the office by Wednesday, December 1.

Dominoes Schedule Change

Please note that the new dominoes club has changed time on Friday. The new time for dominoes is now 1 p.m.

Library News

Please remember that if you are donating books to the library to leave your name and phone number with the books.

Daytrips

Wednesday, November 17: Niagara Grand Theatre "Green Holly & Gray Potatoes"
Thursday, December 2: Festive Follies Holiday Show—Amazing Seniors (Hamilton, Ontario)

Flyers for all trips are under the daytrip board.

PLEASE—PHOTO I.D. and Birth Certificate *OR* Passport for ALL CANADIAN TRIPS!!

A sincere "thank you" to Don Stiglmeier, Jim Blum, Carol Serviss & Ruth Weaver for their support on Sat. Sept. 25th at the Clarence Farmer's Market. Also, my committee; Barb Ucci, Pat Schanzer & Rosemond Ruhland.

C.R. Heimann

Senior Buzz Updates

The Clarence Senior Center Ad Hoc Committee enthusiastically continues to review concerns and issues for the good of the center. Residents may submit any issue of concern to Councilman Ian McPherson at the Town Hall.

Meetings will be held on the first and third Fridays, November 5 and 19 and December 3 and 17, 2004 at 8:30 a.m. in the Town Hall. Clarence residents, member or non-member, are welcome to attend.

Janet Vito

Volunteer Help Needed

The center is currently in need of volunteers for:

the library

the showcases in the dining room and foyer

decorating for special events

Bingo

If you are interested, please see Bethany.

Additionally, Karla is always looking for kitchen volunteers.

Alzheimer's Support Group Meeting

The meeting for November will meet on Wednesday, November 17 this month due to the holiday.

Tax Aide Volunteer Help Needed

The AARP Tax Aide Program after 36 years of service has helped more than 1.88 million taxpayers with their returns in 2004.

The Clarence program volunteers provided service to over 450 taxpayers with 330 having their returns filed electronically.

This service was provided at the Clarence Senior Center and the Clarence Public Library to low-to-middle income families with special attention given to our senior citizens.

To continue this free service we are in need of additional volunteers who are willing to provide twenty hours of their time during February and March.

Volunteers are trained in the proper preparation of the most common income tax forms during the first two weeks of January, then take an IRS certification exam and begin preparing returns in February.

There is no charge for the training and your reward is in the satisfaction of helping your neighbor.

The only requirements are a desire to help others, a willingness to commit some of your free time, being comfortable with simple math and having a basic knowledge of a computer.

If you are interested or have any questions, please call Hank Brodowski at 633-1063 to

sign up for the training or to obtain additional information.

AARP Driving Course

The AARP 55 Alive Driving Course is full for the month of November. This is the last course for the year. Classes will resume in March, 2005. Please read your *Silver Streak* for further details as the time arrives.

Gardening Club

The fall session of Gardening Club is currently in progress! The club meets from 10 a.m. to 11 a.m. with Cooperative Extension Master Gardener Ron Nowak. The second meeting is November 9 with an additional meeting, if members would like, on November 23.

Topics will be tailored to meet our members' needs and may include: repotting, fertilizing, preparing your garden for winter, lawn maintenance, trees and shrubs, ferns, and wildlife management. In addition, we'll discuss herbs, annuals, perennials, flowers and vegetables.

Flu Shot Update. . . CANCELLED

The Visiting Nurses Association, provider of our annual flu shots, was unable to gain access to the flu shot vaccine. Therefore, no flu shots will be given on November 5 and 19 at the center.

Computer Classes

The center is now offering basic beginner computer classes with professional, independent instructors. The classes meet Thursday mornings from 10 a.m.—12:30 and Wednesday evening 6:30 p.m.—8 p.m. Students were contacted in the order they registered interest. There is a charge of \$100 per each class session of 4—6 weeks.

If you registered and have not been called, your name has been placed on a waiting list. As class space becomes available, you will be contacted. If you did not register interest and want to be considered for future classes, please contact the office.